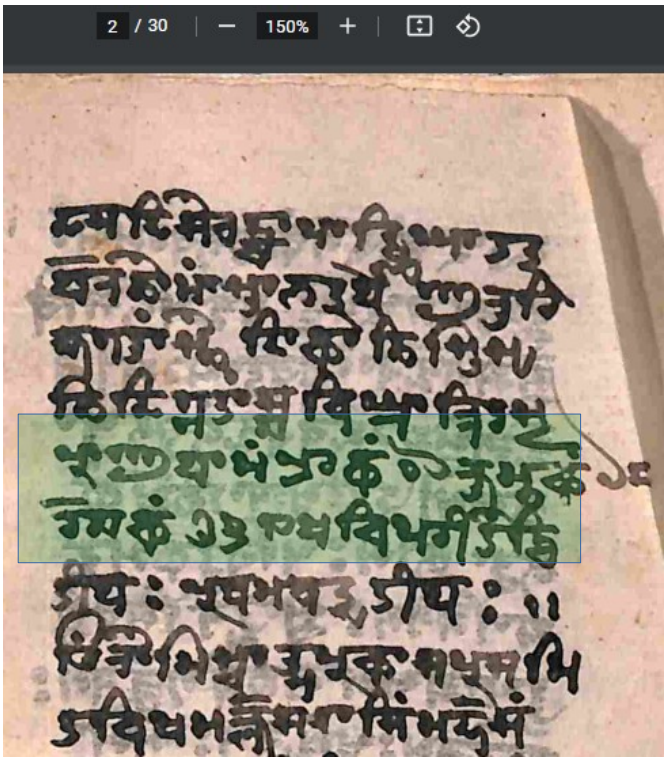
kupwaraa5.pdf

**Pranayamam manuscript .**

**This manuscript contains Pranayamam mentioned in different Mantras including Maha Ganapathi Mantra, Maha Gayathri Devi Mantra, Shri Vamadeva Mantra, Shri Sharika Mantra**




प्राणायामं पूरकं कुम्भकं रेचकं

**Ref : for Pranayamam Mechanism**

sanskritdocuments.org/doc_upanishhat/jabaladarshana.html

प्राणायमेन चित्तं तु शुद्धं भवति सुव्रत ।
चित्ते शुद्धे शुचिः साक्षात्प्रत्यग्ज्योतिर्व्यवस्थितः ॥ १६॥

General Mechanism of Pranayama/Regulation of Breath

6.2.1 *Puraka* (Inhalation)
6.2.2 *Kumbhaka* (Retention)
6.2.3 *Rechaka* (Exhalation)

प्राणश्चित्तेन संयुक्तः परमात्मनि तिष्ठति ।
प्राणायामपरस्यास्य पुरुषस्य महात्मनः ॥ १७॥

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देहश्चोत्तिष्ठते तेन किंचिज्ज्ञानाद्विमुक्तता ।
रेचकं पूरकं मुक्त्वा कुम्भकं नित्यमभ्यसेत् ॥ १८॥

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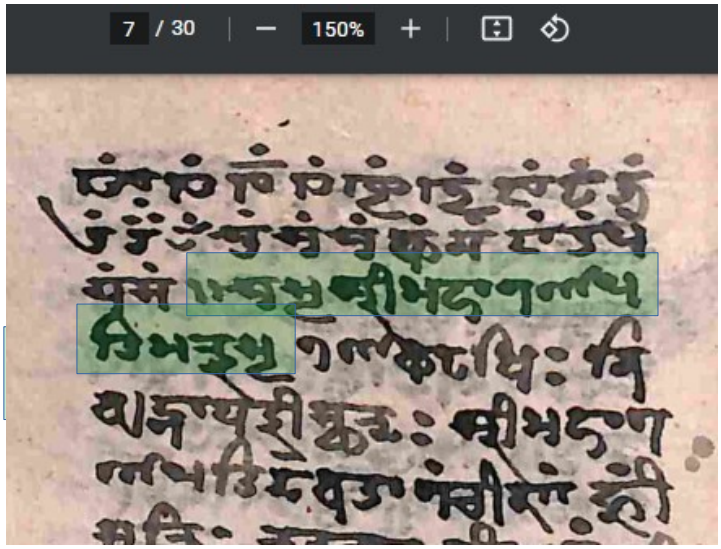
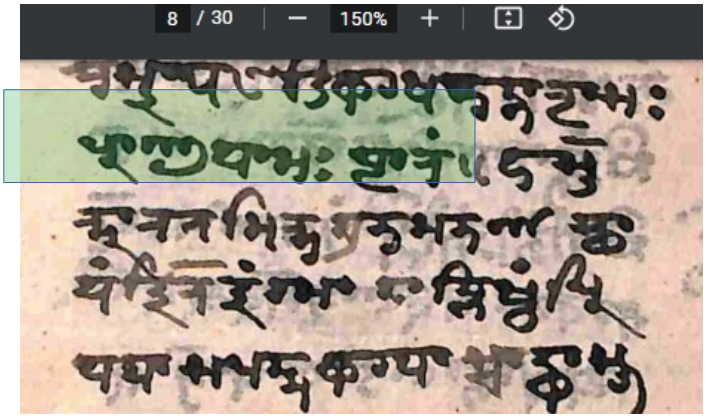
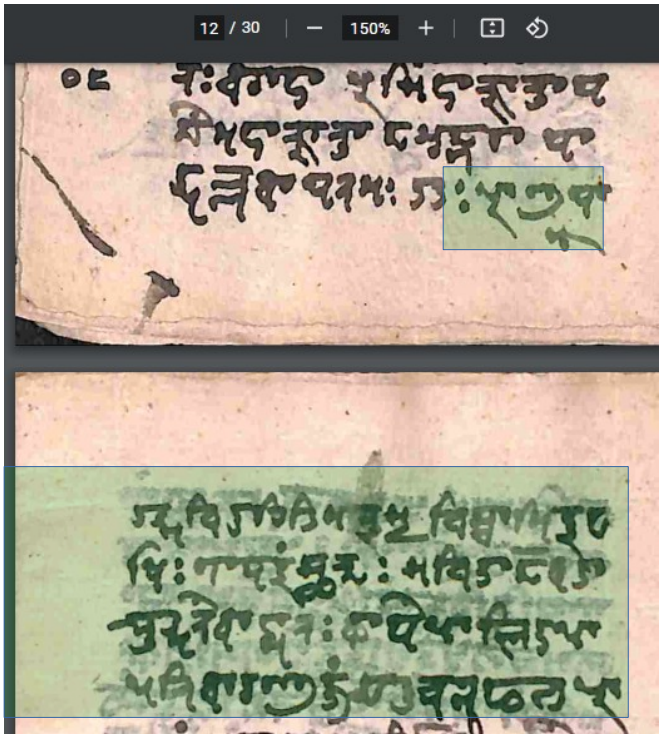
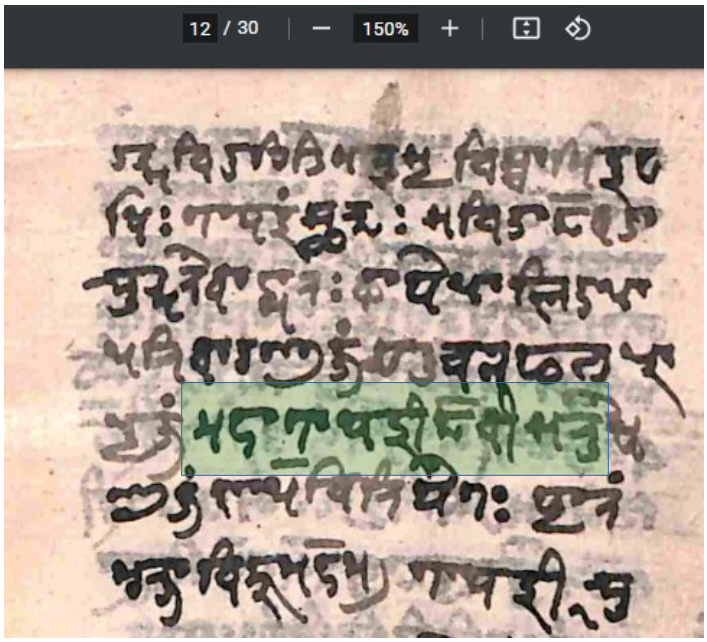
## Shri Maha Ganapathi Mantra




## Shri Maha Gayathri Devi Mantra

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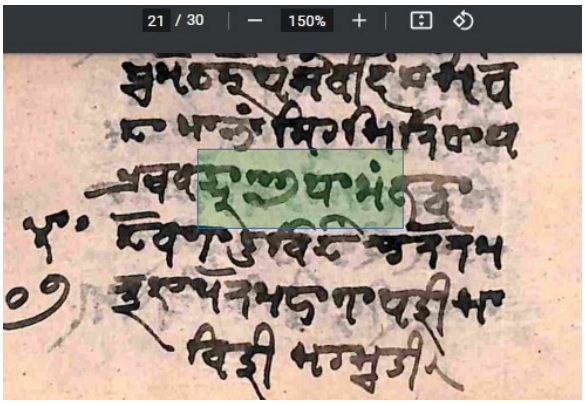
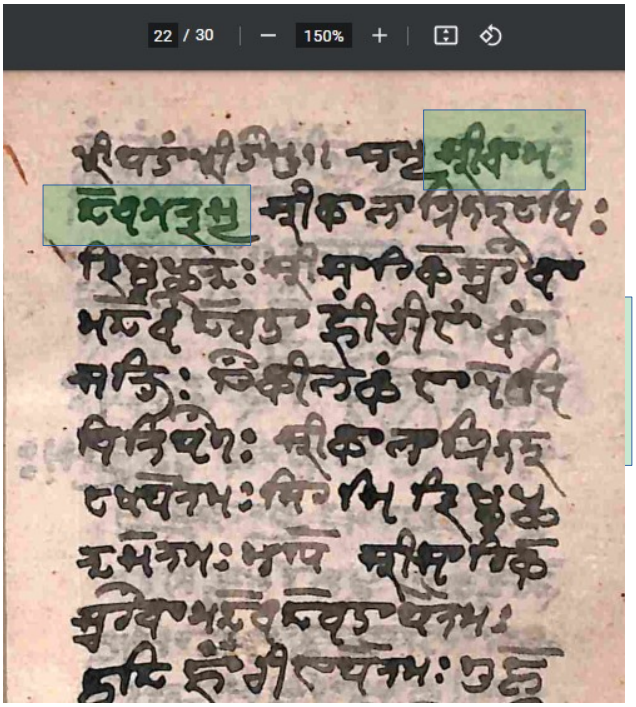
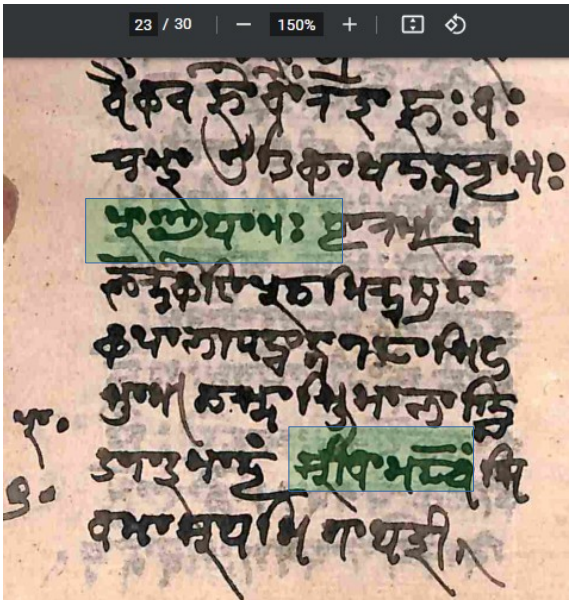
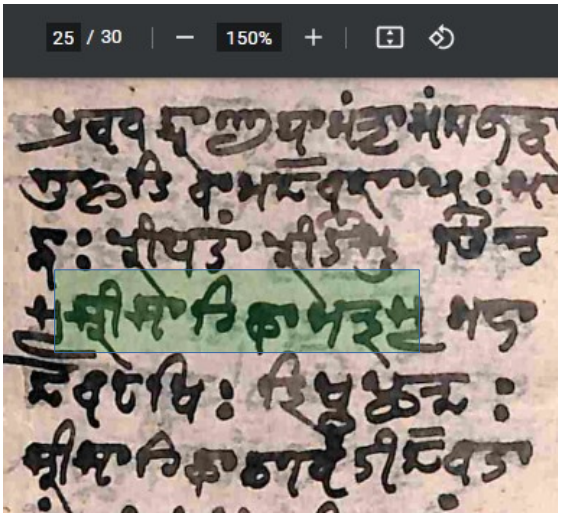
## Shri Vamadeva Mantra

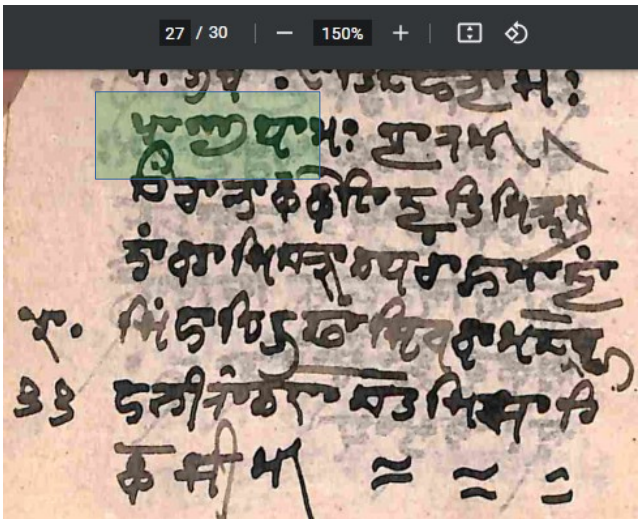



## Shri Sharika Mantra

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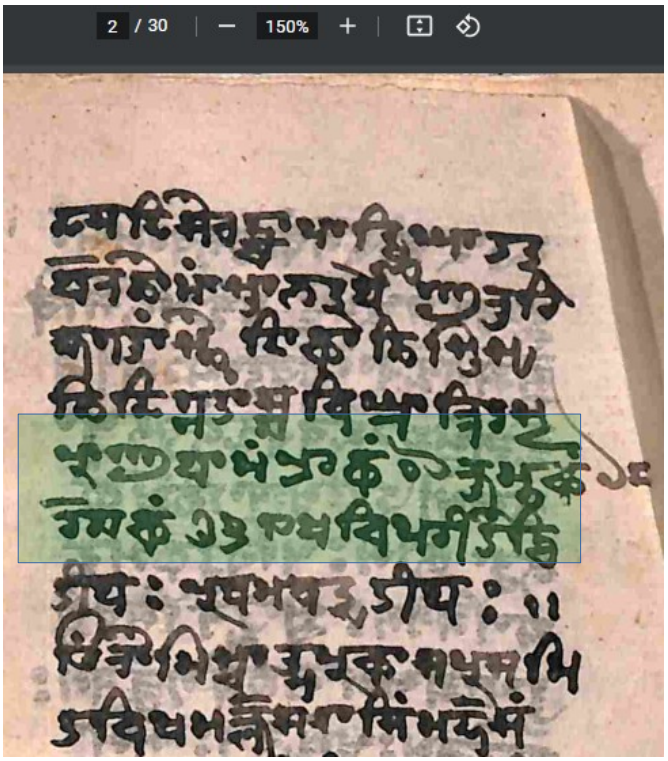


प्राणायामं पूरकं कुम्भकं रेचकं

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प्राणायामपरस्यास्य पुरुषस्य महात्मनः ॥ १७॥

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देहश्चोत्तिष्ठते तेन किंचिज्ज्ञानाद्विमुक्तता ।
रेचकं पूरकं मुक्त्वा कुम्भकं नित्यमभ्यसेत् ॥ १८॥

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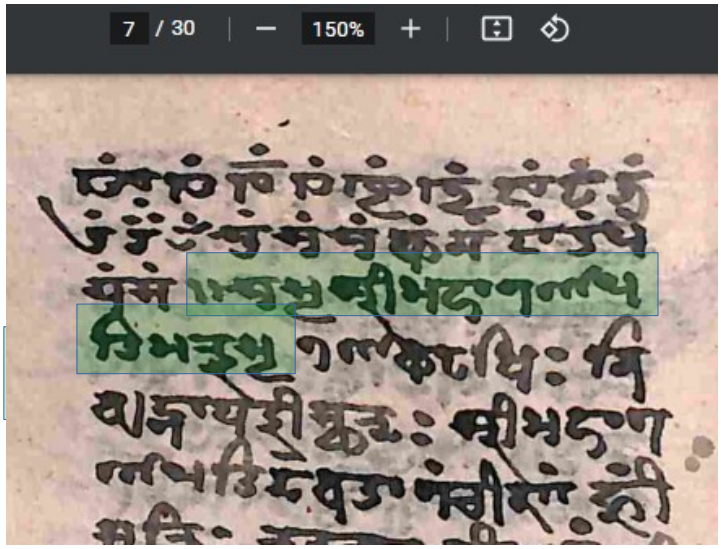
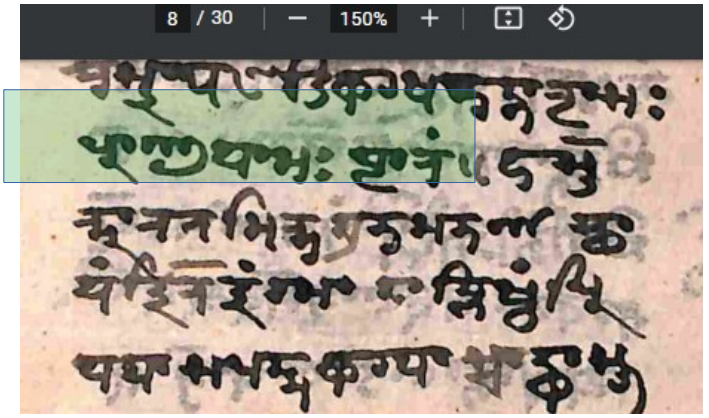
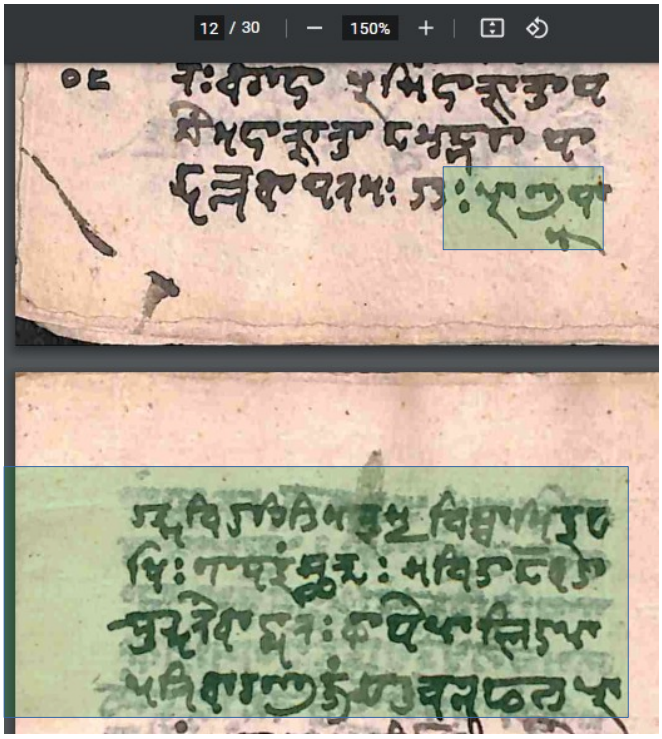
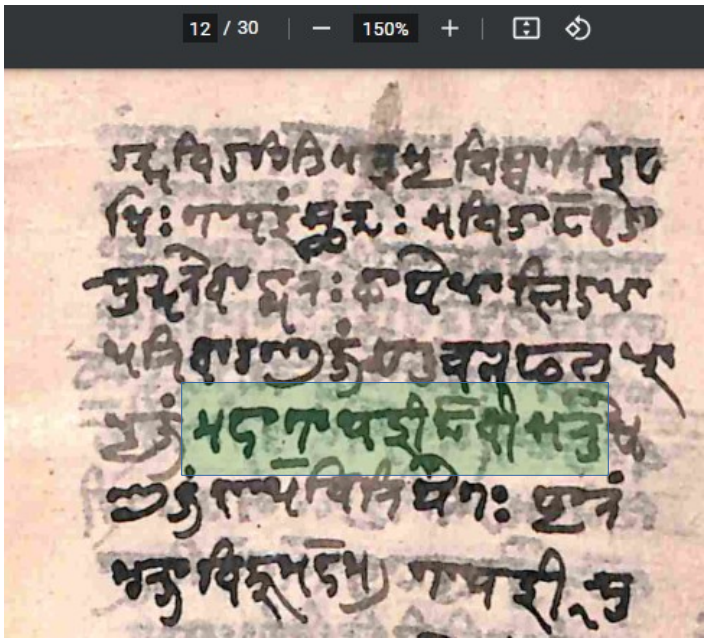
## Shri Maha Ganapathi Mantra




## Shri Maha Gayathri Devi Mantra

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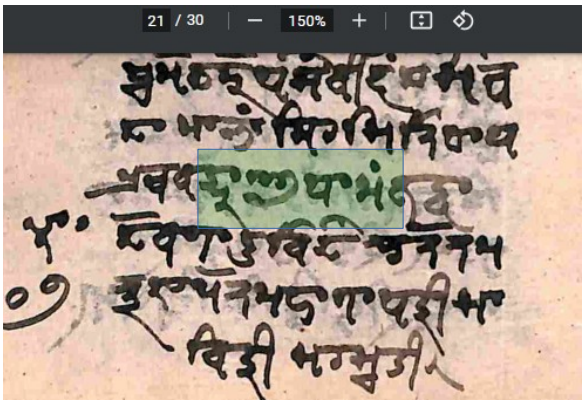
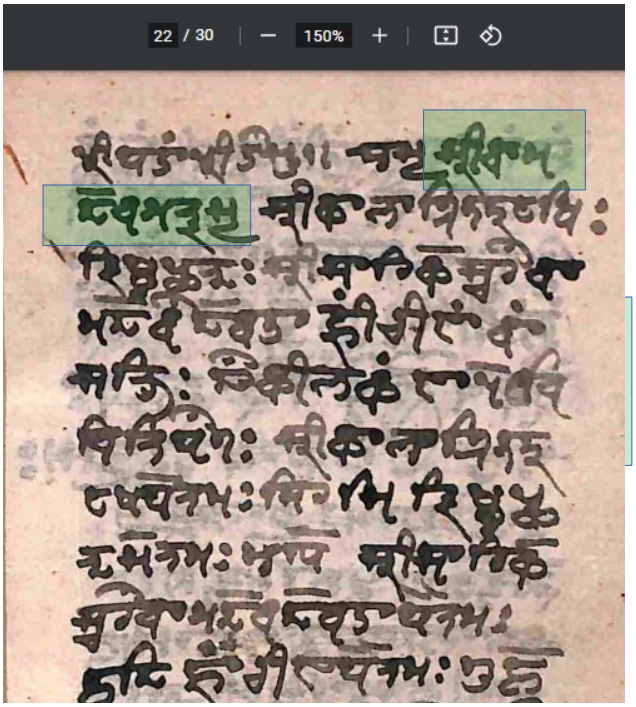
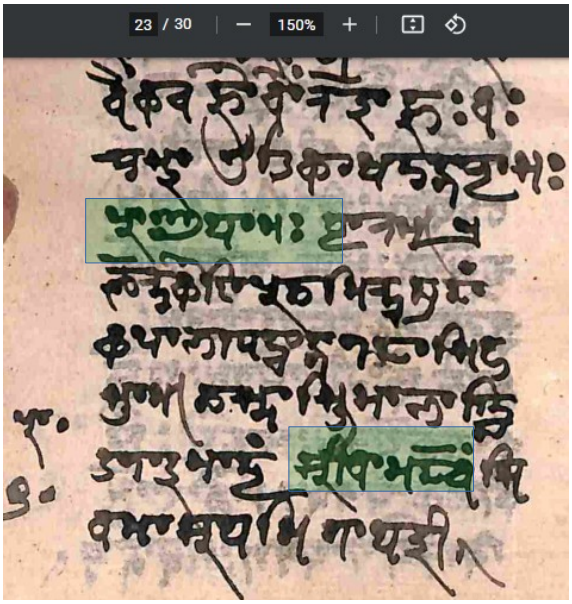
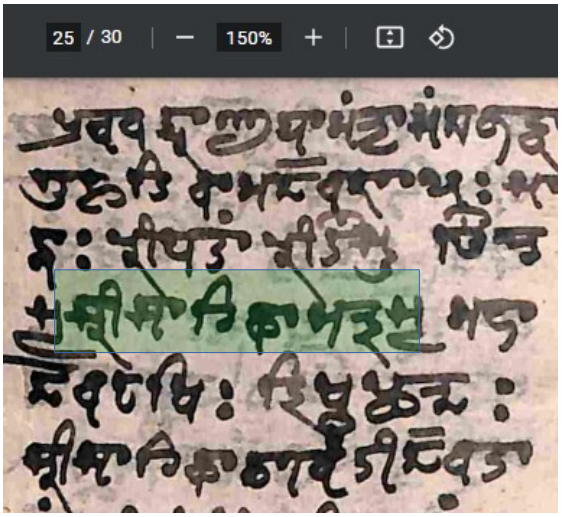
## Shri Vamadeva Mantra

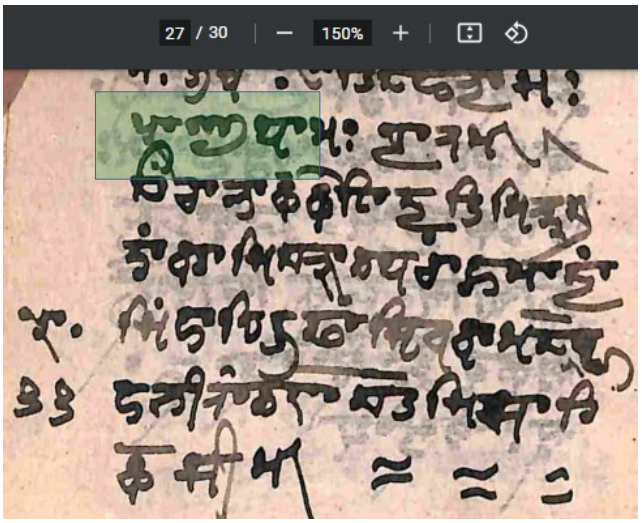



## Shri Sharika Mantra

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